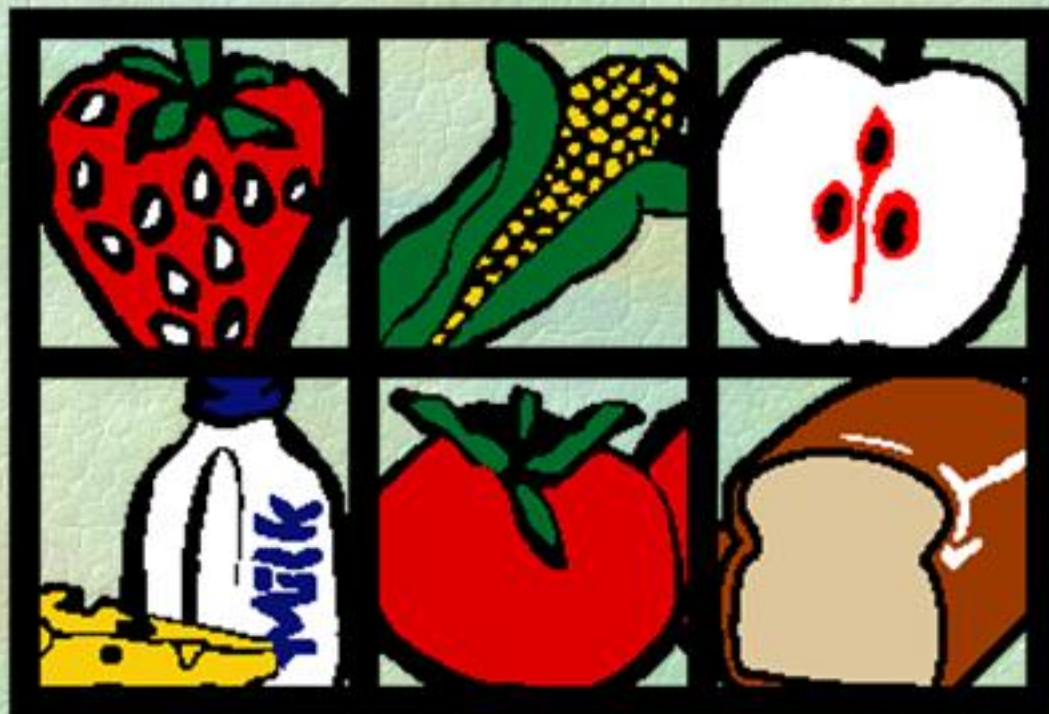


Eat Smart New York!



ESNY

Food Stamp Nutrition Education



# Unique Partnership



- Research based nutrition expertise and support
- Local county office
- Statewide network
- Regional structure

## Office of Temporary Disability Assistance - OTDA

- Administration/Support
- Link to USDA - primary funder



ESNY



# Western Region Counties

☛ Niagara

☛ Genesee

☛ Erie

☛ Wyoming

☛ Cattaraugus

☛ Allegany

☛ Chautauqua






# Family Life Program

- 🐷 Food Stamp Nutrition Education-EAT SMART NEW YORK
- 🐷 Expanded Food and Nutrition Education
- 🐷 Farmers' Market Nutrition Education






# Family Life Newsletter




## Family Life

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Vol. 8 No. 12    Produced by Cornell Cooperative Extension    December, 2002




### Let's Talk Turkey!



How should you thaw a turkey?

- Blow it to room temperature
- Wrap in newspaper and put in plastic bag, defrosting it on the way to Grandma's house
- Thaw in cold water

"B" is a definite no; "A" promotes growth of bacteria. To thaw a turkey, leave it in its plastic wrapping and submerge in cold water for 30 minutes per pound, changing the water every half hour. Even better, leave it in the refrigerator for 24 hours for a very 6 pound cut bird.



How often should you baste your turkey?

- While it is defrosting
- Every 20 minutes
- It really doesn't matter

"A" is definitely wrong; "C" is the right answer. Even though it smells good, basting doesn't moisten or flavor your bird. Why? Because the turkey skin acts like a raincoat and the juices just roll off the bird and back into the pan. The basting will glue flavor to the gravy made from pan drippings, but not the bird.

How can you make sure your turkey is fully cooked?

- Take its temperature
- Roast it until the skin is dark brown and crunchy
- Juice on a long spoon out when you stick it




The tried and true method is taking the temperature. "A" is the most accurate. Insert the meat thermometer into the inner thigh. It should read 180°F. If the turkey is stuffed, the filling must register 165°F. Skin will brown before the turkey is done and if you wait until the juices stop flowing, the bird will be too dry to eat!

GUIDELINES FOR COOKING YOUR HOLIDAY BIRD

Turkey Size	Unstuffed	Stuffed
4 to 6 lbs. breast only	1-1/2 to 2-1/4 hours	----
6 to 8 lbs. breast only	2-1/4 to 3-1/4 hours	----
8 to 12 lbs.	2-3/4 to 3 hours	3 to 3-1/2 hours
12 to 14 lbs.	3 to 3-3/4 hours	3-1/2 to 4 hours
14 to 18 lbs.	3-3/4 to 4-1/4 hours	4 to 4-1/4 hours
18 to 20 lbs.	4-1/4 to 4-1/2 hours	4-1/4 to 4-3/4 hours
20 to 24 lbs.	4-1/2 to 5 hours	4-3/4 to 5-1/4 hours

- 📧 produced monthly
- 📧 sent electronically to all counties in Western Region
- 📧 arrangement with Southern Tier to purchase
- 📧 used as teaching tool and marketing piece



 personalize  
 add county  
 information  
 replace  
 sections to match  
 county  
 demographics

Distributed by:  
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 of Erie County  
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 716-652-5400  
[www.cce.cornell.edu/erie](http://www.cce.cornell.edu/erie)

*Building Strong and Vibrant  
 New York Communities*

## FAMILY LIFE PROGRAM



**EAT SMART  
 NEW YORK**

*Building Skills in  
 Nutrition,  
 Budgeting  
 and Parenting*

SUNYAB-DD Building  
 462 Grider Street  
 Buffalo, NY 14215  
 (716) 824-8793

Many meals were prepared and served by  
 Cornell Cooperative Extension  
 in Erie County.

Cooperative Extension  
 in New York State  
 is an equal opportunity provider.

## KIDS ORNER



The Jewish holiday of Hanukkah, or Festival of Lights, often coincides with the Christian celebration of Christmas, and is followed by the African Kwanzaa Festival. Hanukkah commemorates the rededication of the Temple of Jerusalem when one day's worth of oil continued to burn for eight nights. To join in the celebration, invite your kids to try this game. . .

**Got Dreidel?** Put a new spin on this Jewish game of luck by turning a dean, empty milk carton into a dreidel.

1. Make a pencil-size hole in the bottom of the carton. Then push an unsharpened pencil through, letting it stick 1/2" or so out the open top.
2. Cover the carton with blue paint or masking tape. Seal the top and tape the pencil in place.
3. With yellow or gold paint, mark each side of your dreidel with one of the Hebrew letters which represent the sentence,

"A great miracle happened there."

**To Play:** You will need D - 16 pennies or buttons and a small bowl. Each person puts one penny into the bowl.

**N** Take a turn spinning the dreidel like a top. Follow the directions that correspond to the symbol facing up when it stops.

**N** Players drop out if they lose all of their pieces and the last one left in the game. . **WINS!**

Nun = the next player takes their turn

Gimel = the spinner takes all of the pieces in the bowl

He = the spinner takes half of the pieces in the bowl

Shin = the each player adds one piece to the bowl

## Light the Night

Interesting Note: A menorah, a special candle-holder that holds 8 candles, is used during Hanukkah celebrations. Candles that represent the principles of Kwanzaa are used to remember the African ideals and candles are also used during advent, in preparation for Christmas Eve.





# Eat Smart New York



Vol. 5 No. 3 Produced by Cornell Cooperative Extension March, 2004

## NUTS about



March is:

**NATIONAL PEANUT MONTH**, a time to celebrate one of America's favorite foods. Roasted in the shell for a backyard snack, ground into peanut butter, or tossed in a salad or pasta, **PEANUTS** find their way into everything from **BREAKFAST** to **DESSERT**!

March is also **NATIONAL NUTRITION MONTH**, a great time to recognize the nutritional value of peanuts. One serving of peanuts is a good source of protein, vitamin E, niacin, folic acid, phosphorus and magnesium. Peanuts are naturally cholesterol free and low in saturated fat. The fat in peanuts is

**MONOUNSATURATED**,

which means if eaten as part of a low fat diet, it is heart healthy!

Share these fun facts and recipes about peanuts with your friends this month so they can go **NUTS** about **PEANUTS**, too!

Peanuts are not actually nuts; they are legumes, like beans and lentils.



Americans eat 3 lbs. of peanut butter, per person, each year!



Peanuts may be a favorite food, but you can use their shells, too! Find them in kitty litter, fireplace logs, paper, animal feed and sometimes as fuel for power plants!



Two peanut farmers have been elected President of the US - Thomas Jefferson and Jimmy Carter!

One serving of peanuts makes 30,000 peanut butter sandwiches!!!



### Peanut Butter Pancakes

1-1/4 cups flour  
2 Tablespoons sugar  
2-1/2 teaspoons baking powder  
1/2 teaspoon salt  
1-1/4 cups non-fat milk  
1 egg  
1/4 cup peanut butter  
cooking spray or margarine

Combine flour, sugar, baking powder and salt. Beat milk with egg and peanut butter until smooth. Add to dry ingredients and beat just until well moistened. Spoon by 1/4 cups onto non-stick griddle sprayed with cooking spray.

### Peanut Butter Chocolate Twist Shake

1 ounce chocolate chips  
1 ounce peanut butter  
4 ounces milk  
6 ounces frozen vanilla yogurt  
1/2 ounce crushed roasted peanuts

Whip first 4 ingredients together in blender until smooth. Garnish with crushed roasted peanuts.

Diet  
Quality

Recipes

Tips



# Physical Activity



Keeping active in the winter months can be difficult for everyone. At about this time of year, families almost always have a bit too much indoor togetherness. If your family is getting a little nutty, try some of these to encourage physical activity and avoid full-blown March Madness!

## Foxes and squirrels

**What is it** - A ball toss game

**Number of players** - 6 or more

**Ages** - 5 years old and up

**What you need** - 2 small (tennis) balls and 1 soft foam (Nerf®) ball

Players stand in a circle. Tennis balls (foxes) are passed quickly around the circle, similar to hot potato. Foxes run but they do not fly, so NO THROWING BALLS, just passing. Squirrels do leap from tree to tree. That means the player with the foam ball (squirrel) gets to toss it at his fellow players. Just like

dodge ball, if you get hit with the foam ball, you are out; if you catch it, the thrower is out. At the same time the foxes continue to travel around the circle.

## Ready or Knot

**What is it** - a simple but challenging contest; players must untie knots

**Number of players** - 4 or more

**Ages** - 5 and up

**What you need** - varying lengths of rope

Divide players into 2 teams mixing older and younger. Give each team a length of rope: 5 or 6 feet for larger teams, less for a small group. Each player ties 1 overhand knot or, for older kids, each team is allowed a minute to tie as many knots as it can. The teams then trade ropes and the race begins.

Each player unties any one knot then passes the rope to a teammate. The first team to untie all its knots wins.

**MARCH  
MADNESS!!**



# Resource Management

## The Caring Can -

### Teaching Kids to Give and Not Take (or Spend!)

How do you get kids beyond wanting to buy more "things" with their money? Start with a can! Decorate it together and label it "CARING CAN."

#### The ground rules

1. Every week, no matter how much he thinks he needs the money for something else, \$1 goes into the CARING CAN and savings account. More can be contributed to the CARING CAN, but never less. 2. The money must, in some small way, help make the world a better place. You will both be amazed at how fast the money grows and how excited your child will be at the prospect of giving to others!

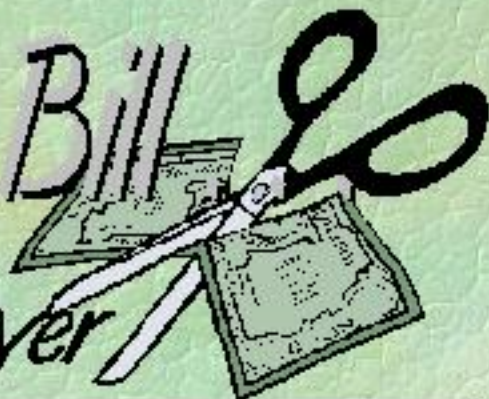




# Food Resource Management

## Cutting the Grocery Bill

### Family Budget Makeover



Cutting grocery bills can be a relatively painless way to make monthly savings. Here are some easy changes to make in how you shop and the way your family eats.

#### **BEFORE YOU SHOP - Get a "Price Book"**

Pack a little notebook in your purse and keep track of what you spend for items you buy regularly. You'll learn what a "bargain" is, what time of year things go on sale, or whether one supermarket chain has better prices than another.

#### **LEAVE KIDS AT HOME (if possible!)**

Children are often curious about

#### **IN THE STORE - Look High and Low for Savings!**

Supermarket managers place the highest-priced items at eye level. Look above and below for deals.

#### **CHECK UNIT PRICING. Compare prices on an Ounce-By-Ounce basis!**

Bigger isn't necessarily better!

#### **WEIGH BAGS OF PRODUCE -**

Put the bags on the scale before you put them in your cart.



cial, as well as disciplinary, merit. And, don't worry—they won't starve, even if they miss a meal.

#### **JUST SAY YES To Tofu -**

Even choosy children can turn on to tofu, a cheaper, healthier alternative to meat. Cut extra firm tofu into cubes, add it to your favorite sauce and serve over white rice. Presto! You have a low-cost, low-fat meal that most kids will love.



#### **WATER DOWN THE JUICE!**

Children love juice, but it's



# Food Safety

## OLDER ADULTS:



You may never have gotten sick from spoiled food in the past but, as an older adult, you are more likely to get food borne illness. As you age, your immune system gets weaker, making it harder to fight off bacteria. You also have less acid in your stomach to control bacteria and your kidneys, which filter bacteria from the blood, are getting weaker. Once infections from food borne illness enter the system, they are difficult to treat.

**But - they can be prevented!**

Did you know:



- Millions of people get sick, 325,000 people are hospitalized, and 5,000 die each year from food poisoning!
- Leftovers should be stored in shallow containers (2 inches or less) for quick cooling and to

prevent bacteria build-up. Never cool at room temperature!

- There is no benefit to washing meat and poultry. You may be removing bacteria but also allowing germs to spread to other foods. Cook food to KILL bacteria.
- The same germs that cause food poisoning can cause arthritis, kidney disease and meningitis. 2-3% of food poisoning cases lead to illnesses like these.
- Certain people are at greater risk for food poisoning: pregnant women, newborns, people with chronic illnesses like diabetes and heart disease, and **OLDER ADULTS!**



# Food Security

## Make Your Own "FAST FOOD"



### Baked French Fries



6 medium potatoes  
vegetable cooking spray  
1 teaspoon chili powder  
(or garlic powder and/or  
paprika)

- \* Preheat oven to 425°.
- \* Spray baking sheet lightly with vegetable cooking spray.
- \* Wash potatoes; peel if desired.
- \* Cut each potato into quarters. Then cut each quarter in half.
- \* In a large bowl, toss together potatoes, oil and chili powder.
- \* Spread potatoes on pan.
- \* Bake 20-25 minutes or until browned.

### Homemade Fish Sticks

#### "Sea Sticks"



1 lb. snapper or cod, cut into sticks  
1 egg white, beaten  
1 1/2 Tablespoon oil  
3/4 cup cornflake crumbs  
1/2 teaspoon onion powder  
1/16 teaspoon garlic powder  
Salt and pepper to taste

1. Mix together beaten egg white and oil.
2. Combine cereal crumbs, onion powder, garlic powder, salt and pepper.
3. Dip fish stick into egg white mixture, then roll in seasoned flakes.
4. Bake at 400°, 10-15 minutes, turning once.



# Training



- 👤 Regional - 45 paraprofessionals in 8 counties
- 👤 Clusters - 2 county groupings
- 👤 New Educator



# Open ended Questions



- practice
- practice
- practice...



# Grants and Collaborations

🐷 Eat Well Play Hard

🐷 Cooking Up Fun

